

Form Flaws: The Anchor Point

Thumb Behind Neck. This causes the wrist of the draw arm to kink or bend. Upon release, the wrist recoils and returns to its original straight position, which in turn creates sideways, pre-loaded torque in the wrist and hand and is, therefore, transferred to the bow string. Putting the thumb behind the neck also allows the archer to collapse into the back of the neck, thereby negating any back tension the archer may have had. A straight, relaxed and expanded wrist/forearm/elbow unit (in line with the arrow) is the most forgiving method of shooting.

Head and Neck Too Far Forward. When the head and neck are pushed forward into the bow string for peep alignment, it creates tension in the neck. This is not conducive to consistent shot execution. The head should be upright and relaxed, and only slightly tilted to the side to accommodate peep alignment. The string should just touch the tip of the nose. (Archers that wear glasses may have to touch the side of their nose in order to see past the frames.) If you can't reach the string with your nose without tipping your head forward, either your draw length is too short or, more likely, your anchor is too low.

String Too Tight Into Face at Anchor. Pulling the string into the skin of the face or side of the cheek causes left and right string oscillation (resulting in left and right misses) and creates an inconsistent anchor point. Adjust your draw length, release rope, string loop, and/or anchor up or down until the string just touches your nose.

String Doesn't Touch Nose at Anchor. A solid and consistent anchor is imperative for good shooting, and is especially true when shooting up and down hills. The more points of reference you have, the more consistent your shots will be. The most common four (4) anchor reference points are: 1. Your scope or pin on target; 2. Your eye looking through the peep; 3. The tip of your nose on the string; 4. The knuckles of your draw hand solidly touching and/or locked into your jawbone is a fourth. A kisser button is an optional anchor, but it's not necessary if you use a peep sight. Note: If you have trouble touching the tip of your nose with the string without bending your head forward, try raising your anchor farther up the side of your face until the string naturally comes up under your nose. Finger shooters tend to use fingertips in contact with the corner of their mouth. This is not as solid as locking the bones of the string hand into a place on the jaw bone. Different shaped faces accommodate different anchor points. Find one that is comfortable, relaxed and touching at least two places on your face (plus the front and rear sight aligned), like your hand locked into the jaw bone and your nose touching the string.

Moving Lips To Touch Kisser Button. A kisser button is used instead of a peep and really shouldn't be "kissed"! Moving your lips over to "kiss" a kisser button is not a consistent anchor, because the lips can be moved into almost any position. If you insist on using a kisser button, make sure it is anchored into something solid, such as the corner of an upper tooth.

Floating Anchor - Draw Hand Doesn't Touch Face. Your draw hand should be locked in on the side of your face where you can feel the bones in your hand mesh or interlock with the bones in your face (jaw). Most archers find placing one or two knuckles behind the jawbone is solid and easily repeatable, regardless of whether you shoot with your fingers or a mechanical release.